

## ABSTRACT

The invention relates to non-stick cooking utensil that can be used in a kitchen. The main characteristic of the non-stick cooking utensil lies in that the inner walls thereof are made to have a non-smooth surface with convex units. The height of the convex units ranges from 20 $\mu\text{m}$  to 999 $\mu\text{m}$  and the projection area of the units on the surface of the inner wall ranges from 314 $\mu\text{m}^2$  to 783431 $\mu\text{m}^2$ . The ratio of the total geometrical projection area of the convex units on the base body surface of the inner wall to the area of the base body surface (i.e., the distribution density of the convex units) ranges from 10% to 60%, and a surface film is formed on the surfaces of the non-smooth convex units. As compared with a cooking utensil formed by the same material but with a smooth surface, the sticking intensity and stickiness between food and the inner walls of the cooking utensil can be reduced by 60-80 percent.

(Fig. 1)